

# LYRA

Athletes will learn beautiful movements and shapes, as well as spinning and swinging techniques. Will also learn to pose, climb, flip, spin, and drop.



## Mounts

Pike mount  
Side mount  
Straddle mount  
Pullover

## Shapes

Man/lady in the moon  
Mermaid  
Various splits  
Inverted poses

## Strength

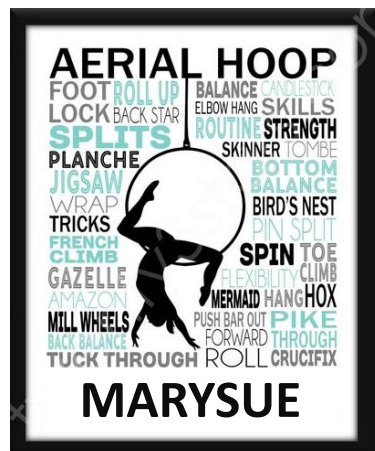
Knee hangs  
Single knee hangs  
Elbow hangs  
Ankle hangs  
Various rolls

## Movements

Beats  
Passe spins  
Arabesque spins  
Crocodile spins  
Swings

## Performance Development

Attention to details/lines  
Strength & flexibility training  
Sequencing  
Choreography  
Synchronization  
Lyra safety  
Partner work



619.449.7717  
www.cgcchamps.com